

Gymnastics July 2013



Changes Coming Last Week of August!

Because school will have started, gymnastic class times will need to be adjusted for the last week of August. **Beginning Monday, Aug 26th, class times will follow the fall schedule. That information is on the back of the newsletter.** August classes will follow the schedule below.

August 1-16 Summer Class Times
August 19-24 Facility Closed
August 26-31 Fall Class Times

Fall Schedule Info Available This Month

The Gymnastic Flier with the Fall Schedule will be available at the front desk or in registration on Monday, July 15th. The fall flier along with your specific class time will be attached to the August Gymnastic Newsletter.



Pass Off Info

Who: Gymnasts in Kindergarten, Boy's/Girl's Level 1 and Level 2 wanting to advance to Level 2 or Level 3 classes.

When: Generally 3rd Tuesday of every month

Requirements:

Girls

To pass off into Level 2, gymnast should master these skills:

Vault- Run, hurdle, straight jump onto rezi mat

Standing handstand flat back

Bars- Chin hold for 5 seconds

Pull Over & back hip circle with a light spot

Beam- Pivot turn (on toes)

Releve' & Arabesque Hold (5 seconds)

Lunge-Lever-Lunge, Straight Jump

Floor- Forward roll to stand (no knees or hands touching ground when standing up out of the roll)

Backward roll to stand (no knees touch ground)

Lunge Handstand Lunge with good body positions

Handstand hold on wall (10 seconds)

Good Bridge with straight arms (20 seconds)

Cartwheel

Strength & Flexibility- 5 push ups

Hollow Body Hold (10 sec.) Good Splits & Pike

LISTENS & GOOD ATTITUDE



Pass Off Day

Tuesday, July 16th

Boys & Girls Level 1 & 2 @ 6:45 p.m.

Dates to Remember!

July 16	Pass Off Night
July 20	August tuition is due
August 17	Last Day of Summer Schedule
August 19-24	No Gymnastics – Facility Closed
August 26	First Day of Fall Schedule

Spectators:

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.



Girls Cont.

To pass off into Level 3, gymnast must master these skills:

Vault- Run, Hurdle, Dive Roll onto rezi

Standing Handstand Flat back

Bars- Pull Over, Back Hip Circle (very light spot), 3 Hollow Body Casts in a row

Beam- Pivot Turns, Tuck Jump

Lunge, Baby Handstand, Lunge (Low Beam)

Arabesque to Scale (2 second hold)

Floor

Straddle Forward Roll to stand

Backward roll to stand with straight arms

Lunge, Full Handstand, Lunge

Handstand Hold on wall (20 seconds)

Bridge, Kick over on wedge mat

Run, Hurdle, Cartwheel

Strength & Flexibility-

Hollow Body hold (20 seconds)

Chin Hold on Bars (10 seconds)

Push Ups (10)

Bridge Hold (30 seconds)

Good Leg Splits

Pike

LISTENS & GOOD ATTITUDE

Boys Requirements will be in next month's newsletter.

